**NGUYỄN DIỆP NGHI**

Volunteering has long been regarded as a thoughtful and heart-warming activity as it brings a great number of benefits to our community. Nowadays the number of teenagers volunteering is increasing. They say that seeing how their actions cause positive changes in people's lives make them feel cheerful.There are some types of charitable work such as environmental, healthcare, animals, ...You can do many ways to serve the community: cooking for the elderly, cleaning up the beach, taking care of the abandoned pets, ...You can gain certain privileges from community service. First, you can make new friends through community services. Meeting different people can help you widen your knowledge and enrich your life. Additionally, they can also give you useful advise for your personal life. Second, contributory service helps you develop your skills. Through meeting new people and going to new places, you can get valuable skills like teamwork, communication, problem-solving, leadership, organization,... Moreover you can gain work experience. They can support you a lot in life. Last but not least, doing volunteer work will improve your mental health. According to some researches, volunteering brings joy and happiness to individuals who do volunteer work. In addition to that, lending a helping hand to people in need can help people get away from their depression and anxiety. It is believed that helping each other produces a kind of hormone make humans happy. In summary, volunteering opens a lot of opportunities for you life and make you a happier person.